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Edmonton baking duo reached their crowdfunding goal ... a little sooner than expected

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ALEX BOYD/METRO

Schools facing inquiry

GAY-STRAIGHT ALLIANCES

LGBTQ stance could cost Baptist board licence, funding



Kevin Maimann
Metro | Edmonton

The Alberta government is launching an inquiry into a Baptist school board that refuses to comply with laws allowing students to form gay-straight alliances.

Education Minister David Eggen announced the inquiry Monday, noting it will take "a few weeks" and could result funding being cut for two schools from the Independent Baptist Christian Education Society — or having their licence revoked.

"I believe moving to an inquiry is a very serious step," Eggen said. "It has lots of grave consequences attached to it, but it's necessary to make sure that we're following not just

the letter of the law, but the spirit of protecting children in Alberta."

The board's chair, Pastor Brian Coldwell, has publicly refused to comply with the legislation and said the province is violating his religious freedom.

The board runs two schools west of Edmonton. It received \$2.5-million in 2015-16, or about 70 per cent of its funding, from the province.

Eggen sent the board a letter asking for written assurance by Sept. 16 that the board would comply with the law. The board responded with a

letter from its lawyer that reaffirmed its anti-GSA position.

A third party, expected to be announced early this week, will examine whether it is providing

a safe and caring environment for all students.

But Kris Wells, an advocate for LGBTQ rights, said it's not clear why the inquiry is needed.

"The minister should take action and institute one policy for all school boards across the province."

WITH FILES FROM THE CANADIAN PRESS



I believe moving to an inquiry is a very serious step.

David Eggen



BUSINESS

Campaign proud to be Edmonton Made



Ryan Tumilty
Metro | Edmonton

Coun. Michael Oshry launched the Edmonton Made campaign Monday, with placards and stickers offered to local businesses hoping to highlight their local products.

In addition to the stickers, the campaign, which also has the support of the Edmonton Economic Development Corporation, has a website where business people can find information about supports to help them grow.

Oshry said it's something the city needs to do a lot more on.

"We have done, in my opinion, a really poor job of helping local entrepreneurs grow their business, whether it's in good

times or bad times."

He also said the stickers are a small thing, costing just a few thousand dollars so far, but they help people connect with local businesses and shop local.

"This is a way to identify who they are and find ways to support them," he said.

Garner Beggs, co-owner of Duchess Bake Shop, applauded the program.

He said when he shops for bakery supplies, like lemons, he can't find a local product, but when he can he chooses it.

"When it comes down to something like choosing a cleaning company or paper supplies, to me it does make a huge difference if it is Edmonton made," he said.

Beggs said his company and other local business reinvest in the community.



Carmen Douville, Garner Beggs and Coun. Michael Oshry hold out the new placards. RYAN TUMILTY/METRO

LAWUIT

Family of drowned man sues city for \$3M

The family of a Puerto Rican man who died while swimming in the World Triathlon Championships in 2014 is suing the City of Edmonton for more than \$3 million.

The widow and two daughters of Dr. Ramon Rivera have filed a statement of claim with the Court of Queen's Bench alleging that organizers of the event did not have enough competent spotters or lifeguards to watch participants, did not have an emergency defibrillator or sufficient medical staff on site and did not sufficiently warn Rivera of the risks of participating.

According to the statement of claim, Rivera was a physician and accomplished athlete in Puerto Rico who frequently competed in local and international triathlon events.

During the swimming por-

tion of the Aug. 29, 2014 event in Edmonton, a bystander unaffiliated with the event noticed that Rivera had stopped swimming and was floating motionless in Hawrelak Lake, the document alleges.

It says the bystander notified a lifeguard, who pulled Rivera out of the lake while unconscious and without a pulse.

An ambulance took Rivera to hospital, where he died on Sept. 1.

The statement claims Rivera died from drowning, though earlier news reports said he suffered a heart attack.

The International Triathlon Unit and Edmonton Triathlon 2014 Inc. are also named in the suit.

The allegations have not been proven in court and a statement of defence has not been filed. METRO

Arena experiencing some growing pains

ROGERS PLACE

Mother says she had no choice but to change baby on floor

Ameya Charnalia
For Metro | Edmonton

A woman says she had no choice but to change her baby on the floor of a Rogers Place bathroom last week after she was unable to find a changing station.

Christina Price was at the new arena Saturday for the Dolly Parton concert when her three-month-old baby needed a diaper change. She went to the women's bathroom, where she quickly discovered there was no changing station.

"I had no choice but to change him on the bathroom floor, which I thought was a little strange for a brand new building," Price said.

Around the same time, Wendy Cotterhill-Devaux, who was also at the concert, stepped into the bathroom and saw Price changing her baby on the floor.

Equally surprised there wasn't a changing station in the washroom, Cotterhill-Devaux says she took Price's permission to post a photo to Facebook of her changing the baby to bring attention to the issue.

"Thank God that bathroom wasn't full because where would she change her baby if there were hundreds of women?" she said.

Price later discovered that there are baby changing stations only in the family gender-neutral bathrooms of the arena.

The stations were placed in those bathrooms because either parent can access them with privacy, said Tim Shipton, vice-



Christina Price changes her baby on the floor of a women's washroom at Rogers Place last week.

COURTESY WENDY COTTERHILL-DEVAUX

president of corporate communications with the Oilers Entertainment Group.

"We're going down the path of family and gender neutral locations for these change stations but certainly it's something that we'd be willing to review if there's a need," he said.

Eighteen out of 68 bathrooms in the building are family and

gender neutral, with at least one being located on each concourse, Shipton said.

Price says it's important each bathroom has a changing station, especially with hockey season around the corner.

"It's just not the most comforting thing to bring your baby to if you change and you have to do it on the floor of the bathroom."



Certainly it's something that we'd be willing to review if there's a need.

Tim Shipton

ETHICS

Committee faces allegations of backroom deals

The chairwoman of an Alberta legislature committee tasked with improving ethics in politics has stepped aside temporarily over allegations of favouritism and backroom dealing.

Jessica Littlewood removed herself from today's meeting of

the committee, but says she expects to stay in the job.

Littlewood has often found herself casting tie-breaking decisions in favour of the New Democrats, who have the same number of members on the panel as the opposition.

Progressive Conservative Richard Starke accused her of going outside her impartial role as chairwoman to try to broker a back-channel deal with him on issues before the committee.

Littlewood, who says she did nothing wrong, was replaced

by another NDP backbencher, Heather Sweet.

Sweet told the committee she does not have a problem with backroom talks, leading opposition members to say they can't trust her in the job.

THE CANADIAN PRESS



The Koermann Block, built in 1912, will be taken down for the new project, but the north and east facade will be incorporated into the new building. KEVIN TUONG/FOR METRO

Arts project needs cash

CULTURE

Organization says plan needs \$8.3M from province, feds



Ryan Tumilty
Metro | Edmonton

Project backers got city council to endorse a proposed 18-storey building for artists in the Quarters Monday.

Now they just need the money to build it.

Council approved bylaw changes allowing the building to be built on the corner of 96 Street and 102 Avenue. The building will include office and theatre space for several local companies, as well as live-work units for artists.

Linda Huffman, executive director of Arts Habitat Edmonton, which is behind the proposal, said the organization

is looking for \$8.3 million from both the provincial and federal governments for the project.

She said if they got those commitments they could break ground in six months.

"We're optimistic, but no promises have been made."

The total project is estimated to cost \$63 million. The rest of the funds will come from sales of the units.

"This is a way to ensure that artists are embedded in that community for the long term," she said.

Coun. Scott McKeen said he believes the federal government is largely on board and so it's mostly the province that has to step up.

"We all know the province is under some pretty heavy constraints," he said. "This is a tremendous project for the Quarters. I think it will be a real catalyst project."

McKeen said if the province needs to spread out its investment over several years that could work, but they need to make a commitment.

ENTERTAINMENT

Harry Potter sidekick to appear at Expo

One of Harry Potter's wizard schoolmates is coming to Edmonton as part of this year's Comic and Entertainment Expo.

The Edmonton Expo announced Monday that Devon Murray — who played Gryffindor wizard Seamus Finnigan, dormmate of Harry and Ron Weasley — will be in town to appear at the convention.

The Edmonton Comic & Entertainment Expo runs from

Sept. 23 to 25.

Finnigan was a fixture in both the massively popular Harry Potter book series and movies.

The son of a magical mother and Muggle father (who didn't immediately realize his wife was a witch), he was notable for initially doubting the return of Voldemort before changing his mind and becoming a crucial member

of Dumbledore's Army.

It will be one of the first Comic Con appearances for the Irish-born Murray, who also appeared in Angela's Ashes.

He's the latest appearance to be announced for this year's Expo, which features autograph and photo opportunities with actors from Teenage Mutant Ninja Turtles to the Star Trek universe.

Notable appearances this year include headliner Carrie Fisher, most recently seen reprising her legendary role as Princess Leia in Star Wars: The Force Awakens.

Also appearing at this year's convention are Shannon Purser and Natalia Dyer, the actresses who play best friends Nancy Wheeler and Barb Holland in the Netflix original series — and monster hit — Stranger Things. METRO

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From left: Lt.-Col. Frank van Staaldhuizen, former naval reserve commander Commodore David Craig, and Lt.-Cmdr. Tim Cusack...ACTING SUB-LIEUTENANT KHEAN MURPHY, HMCS NONSUCH

Naval reserve has change of command

MILITARY

HMCS Nonsuch marks event with parade and ceremony



Kevin Maimann
Metro | Edmonton

Landlocked Edmonton is likely not the first city to come to mind when one thinks of the navy, but Edmonton's Naval Reserve unit HMCS Nonsuch marked a change of leadership with a military parade and ceremony Saturday.

Lt-Col Frank van Staaldhuizen, who held the commanding officer post from 2010 to 2013,

reclaimed the role from outgoing Lt.-Cmdr. Tim Cusack after Cusack's three-year term ran up.

Spokesperson and A/Slt Edward Buchholtz said recruiting to the naval reserve is an ongoing challenge and acknowledges some Edmontonians aren't aware the navy exists here.

"What we're doing now is we're taking a lot of effort to promote our presence in the city and the things that we do, and let people know, inform people of the opportunities that exist that they may not have known," Buchholtz said.

HMCS Nonsuch members travel to ocean spots like B.C.

and Nova Scotia for training periods that last from two weeks to several months.

At home, they train once a week in other areas.

"We employ several different occupations here, from naval communicators to linesmen to clerks," Buchholtz said. "During those training nights they conduct training in order to improve their skills so that they can use those skills when the time comes."

Edmonton's naval reserve is one of 24 divisions across Canada and is relatively small compared to other cities, with 55 members compared to almost 200 at HMCS York in Toronto.

We're taking a lot of effort to promote our presence.

Edward Buchholtz

PROVINCE

Climate task force seeks input

A task force appointed Monday to advise the Alberta government on climate technology investments is being given an open-ended mandate with no limits on size or type of proposals to be considered, says Economic Development Minister Deron Bilous.

The five-member panel is to hold public meetings in four Alberta cities in October — Edmonton, Calgary, Grande Prairie and Lethbridge — and present a report to Bilous in November with ideas on where to spend the province's new carbon levy

scheduled to begin Jan. 1. Albertans are also encouraged to send their ideas for investments in emails to the task force.

The carbon levy, approved in the legislature in June, is expected to bring in \$9.6 billion over the next five years — of which \$6.2 billion is to be used to diversify the energy industry and create jobs, and \$3.4 billion is to help households, businesses and communities adjust to the levy. It's being collected on the sale of all fuels at a rate of \$20 per tonne of emissions, rising to \$30 in 2018.

The government has promised the proceeds will be used entirely for initiatives to help Alberta become more environmentally friendly.

Last week, Environment Minister Shannon Phillips said some carbon levy funds could be used to encourage private companies to build 5,000 megawatts of hydro, solar and wind power in Alberta by 2030 as it phases out coal plants.

The green projects are estimated to cost about \$10.5 billion to build.

THE CANADIAN PRESS



Amy Nachtigall and her partner run a cake club that sends cakes to members at certain times of the year. Now they're hoping to expand the business with a storefront location. CONTRIBUTED

Baking duo set a fundraising record

SMALL BUSINESS

Campaign to open store raised \$25K in first week



Alex Boyd
Metro | Edmonton

Edmonton wants to have its cake club become a storefront, too.

The duo behind Sugared and Spiced Baked Goods, who run a popular subscription cake club, launched a crowdfunding campaign last Monday to raise \$20,000 toward opening their first retail location.

And Amy and Jeff Nachtigall figured they might raise that much in about six weeks.

It took two days.

"All day Monday I was on the verge of tears," Amy said, of watching the money pour in.

"It was exciting and emotional, and people kept texting and sending messages."

Jeff added: "It's so much more than the dollar amount, it's people saying 'we really like what you do.'"

The fundraiser set two records for Alberta BoostR, ATB's provincial crowdfunding site — they not only raised more money than any other campaign on the site, but also reached their goal the fastest.

In the first week, 180 people had chipped in over \$25,000, though Jeff adds that they'll still need all that and more to cover their opening costs.

Amy said as soon as they have their own space they plan to expand into pastries and other baked goods. They also hope to host classes and special events.

They're now scouting locations in walkable neighbourhoods.

"A big part of what we do, and we've done this through cake club, is getting to know our cus-

"It's so much more than the dollar amount, it's people saying, 'We really like what you do.'"

Jeff Nachtigall

tomers, and I want to continue that," Amy said.

"I want it to be an open space where people can come in and see the people making their food and watch the process to some degree, so that relationship continues to grow."

The Nachtigalls will also be pitching their business at the BoostR Stage, ATB's live pitch event on Sept. 27.

Five Alberta entrepreneurs will pitch their idea to an audience, who will get to vote via text messages to decide who gets how much of a pot of money.

PIPELINE

First Nation revives lawsuit

An Alberta indigenous leader says inaction from the provincial government is forcing his First Nation to reactivate a court challenge to an approval for a major oilsands pipeline already under construction.

"With the new NDP government coming in, we were hoping they'd come to the table and start working on things that are outstanding," Chief Allan Adam of the Athabasca Chipewyan First Nation said Monday.

"But when they came to the table, nothing came about. Nothing has moved on anything."

The band originally filed a law-

suit in January 2015 against regulatory approvals for the Grand Rapids pipeline, a 460-kilometre 900,000 barrel-a-day line from northern Alberta to southeast of Edmonton. It is co-owned by TransCanada Corp. and a unit of PetroChina. The band alleges Alberta's indigenous consultation office violated its rights by saying it wasn't directly affected by TransCanada's Grand Rapids proposal, even though it crosses land claimed as traditional territory.

The indigenous consultation office, intended to make talks between First Nations and industry smoother and more predictable,

has instead become a major friction point. The office later told the band that the decision was made using maps compiled internally without input from the First Nation. Those maps were not shared with the band.

In papers filed this month, the band also alleges there was pressure to approve the pipeline quickly.

It quotes a letter written by a senior official at the consultation office that says: "TransCanada's treatment of our staff has been minimally professional and on the border of bullying."

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Fix peacekeeping, Senate told

GLOBAL AFFAIRS

Romeo Dallaire says it's key, but UN system needs reform

It is in Canada's interest to play a leadership role in United Nations peacekeeping, former military commander Romeo Dallaire said Monday even as he delivered a pointed critique of how the world body runs such missions.

The retired senator and lieutenant-general, who famously led the UN's ill-fated mission in Rwanda more than 20 years ago, told a Senate committee that the world has failed to act on some much-needed reforms when it comes to peacekeeping.

The problems he cited include poor mission planning and the appointment of unqualified military officers and diplomats to lead missions and diplomatic efforts.

"There are regions where you've got four or five missions right beside each other that could be reinforcing each



Retired senator and lieutenant-general Romeo Dallaire, who led the UN's ill-fated mission in Rwanda more than 20 years ago, says UN peacekeeping needs fixing. THE CANADIAN PRESS

other that have no capability of doing that," Dallaire said. "That's why the guys don't like to work with the UN."

But Dallaire said the many conflicts the UN is trying to manage will have an impact on Canada in the form of refu-

gee crises, pandemics and terrorism, and that only by returning to peacekeeping can Canada help strengthen the world body's ability to respond.

"Those reforms are critical to the future. And I think you can move the yardsticks," he

said after the meeting.

"Don't go away from the UN. On the contrary, get into entrails of the damn thing and start pulling out some of that stuff."

Dallaire's appearance before the Senate committee coincid-

ed with the return of Parliament from the summer break. Opposition critics wasted no time criticizing the Liberal government's plan to commit up to 600 troops to at least one still-unannounced peacekeeping mission.

Interim Conservative leader Rona Ambrose accused the government of using Canadian military personnel as "pawns" in its push for a UN Security Council seat, and demanded any future deployment be subject to a debate and vote in the House of Commons.

Defence Minister Harjit Sajjan, who invited Dallaire to escort him on a tour of peacekeeping operations in East Africa in August, said the government would "welcome a healthy debate." But he stopped short of saying whether there would be a vote.

THE CANADIAN PRESS

FIRST NATIONS

Abide by tribunal findings, groups say

The Canadian Human Rights Commission and two major First Nations groups are planning to ask a Federal Court judge to find the Liberal government in contempt over its treatment of children living on reserves.

The First Nations Child and Family Caring Society and the Assembly of First Nations have endorsed the commission's legal effort to compel the government to abide by the findings of the Canadian Human Rights Tribunal.

"We have to go to Federal Court and we will have to apply for a contempt order," said

The quasi-judicial tribunal initially found in January that the government had been discriminating against First Nations children in its delivery of child welfare services on reserve.

Two subsequent rulings ordered the government to update its policies and procedures to comply with its original findings.

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We must do more, prime minister says

UNITED NATIONS

Canada to boost funds for migrants and refugees globally

The grim shadow of world events descended over a conference on refugees on Monday as Prime Minister Justin Trudeau and other world leaders gathered to make new commitments to victims of a historic migration crisis.

News crept in from nearby and abroad to underscore the oft-stated point at the summit that work on refugees remains a task in progress. As the prime minister spoke, word filtered out about bombing ending Syria's ceasefire.

While the war made new victims, the debate closer to the New York conference revolved around whether to show them any hospitality. A series of attempted bombings in the city



Justin Trudeau speaks at a Global Compact Luncheon at UN headquarters in New York on Monday. THE CANADIAN PRESS

added new fuel to a combustible U.S. election debate on Muslim migration.

Trudeau got applause from delegates to the United Nations conference when he mentioned Canada's acceptance of almost 31,000 refugees. A CNN anchor moderating another event quoted Trudeau welcoming refugees at the airport. He didn't let the applause linger long.

"While that is a great story, I don't want to lose sight of the fact that Canada's engagement must not stop at resettlement," Trudeau said.

"Now is the time for each of us to consider what more we can contribute. So, in Canada, we're looking at our options."

He announced Canada would spend an additional \$64.5 million over the next several years

INQUIRIES

At least 13 countries have made inquiries about Canada's private refugee-sponsoring system in the hope of potentially emulating it, immigration minister John McCallum said during a conference on the migration crisis.

to support people affected by humanitarian crises around the world, and increase its foreign-aid budget by 10 per cent to help displaced children get back to school.

The challenge was illustrated by the woman seated beside him. In Jordan, the unofficial population count is now almost 10 per cent Syrian refugees: "Will we leave refugees to languish in camps ... and slums?" said Queen Rania, who co-chaired one of the discussion sessions with Trudeau.

THE CANADIAN PRESS

OTTAWA

First legal battle over Phoenix pay system



Haley Ritchie
Metro | Ottawa

Former public servant Darrel Delisle is the first person to sue the federal government over the troubled Phoenix pay system, which has left thousands of people waiting for their paycheques.

Delisle filed his case in small claims court on July 14.

In the documents filed as part of the lawsuit, Delisle explains he was a casual contractor for Global Affairs starting in March 2016. After three months of not being paid, Delisle quit prematurely to find paying work.

In total he is asking for \$24,000 — which includes his \$11,400 owed pay, as well as remuneration for child-care expenses, vehicle parking and jobs he turned down while employed but not paid.

"I am now experiencing financial hardship and personal difficulties due to non payment," Delisle says in the document. "My request for damages also includes the real possibility that this will have a negative effect on future employment opportunities with



Minister Judy Foote waits to appear in front of a committee about the Phoenix pay system Monday in Ottawa.

ADRIAN WYLD/THE CANADIAN PRESS

the Government of Canada and Global Affairs Canada."

Delisle claims he placed over 635 calls to the pay centre in Miramichi trying to get answers about paycheques that never materialized.

In their defence filed Aug. 15, the Attorney General of Canada disagreed that Delisle is owed money. Instead, the government claims that he owes them \$14,691 because the Phoenix system accidentally overpaid him in July.

The case is set to go to a settlement conference in October.

Report calling for overhaul of foreign worker program



Luke Simcoe
Metro | Toronto

A parliamentary committee is recommending a series of sweeping changes to Canada's temporary foreign worker program.

The program, which allows employers to hire foreign nationals to fill temporary labour shortages, came under scrutiny in 2013 when the CBC reported a number of companies — ranging from Royal Bank to McDonald's — were relying on foreign labour rather than hiring Canadians.

In response to the backlash, the federal government clamped down on the TFW program, limiting the number of foreign

workers a company can hire and increasing oversight to prevent workers from being abused.

The restrictions led to a sharp decline in the number of temporary foreign workers entering Canada.

"We went from one end of the spectrum, where everyone was let in, to the other end of the spectrum where hardly anybody was let in," Immigration Minister John McCallum said in August.

Now, a parliamentary committee is recommending relaxing the rules imposed on the TFW program by the previous Conservative government.

The report, released Monday, suggests raising the cap on the number of foreign workers a

business can employ from 10 per cent to 20 per cent. It also recommends restructuring the program to accommodate the needs of different businesses.

However, the same report calls on the government to better channel foreign workers into permanent residency. It also notes "migrant workers continue to suffer from labour standards violations at the hands of their recruiters and employers."

The Coalition for Migrant Worker Rights Canada praised the government for acknowledging the TFW program needs reform, but called the report "vague." The group called for legislation making it easier for foreign workers to become residents.

POLITICS

Former StatsCan chief questions promise of more independence

The country's former chief statistician is casting doubt on the Liberal government's promised commitments to Statistics Canada based on its handling of an issue that forced his sudden departure last week.

Wayne Smith quit Friday

after losing a battle over Statistics Canada's involvement in a five-year-old — and controversial — central IT department, Shared Services Canada. Smith told Prime Minister Justin Trudeau last month he would resign if the issue wasn't resolved to his liking.

The government took Smith up on his offer, staying silent until last week when he received a letter from the clerk of the Privy Council, the highest-ranking official in the federal civil service, that accepted his resignation.

THE CANADIAN PRESS

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Suspect captured in gun battle

NEW YORK

Ahmad Khan Rahami arrested in connection with bombings

A New Jersey police officer responding to a call about a hooded vagrant curled up asleep in a bar doorway roused him and quickly recognized the bearded face of perhaps the most wanted man in America.

Ahmad Khan Rahami — identified in an FBI bulletin just hours earlier as a man wanted in the weekend bombings in New York City and New Jersey — pulled a gun, shot the officer and triggered a running gun battle in the street that ended with Rahami wounded and in custody Monday, authorities said.

A bloodied Rahami was loaded into the back of an ambulance, just 50 hours after the first blast that started it all.

Rahami, 28, a naturalized U.S. citizen from Afghanistan who lived with his Muslim family in Elizabeth, N.J., underwent surgery for a gunshot wound to the leg as authorities began



Ahmad Khan Rahami is taken into custody after a shootout with police on Monday in Linden, N.J. Rahami was wanted for questioning in the bombings that rocked the Chelsea neighborhood of New York and the New Jersey shore town of Seaside Park. BOSTON HERALD/THE ASSOCIATED PRESS

drawing up charges in a case that spread fear across the New York area and revived anxiety about homegrown terrorism.

New York Mayor Bill de Blasio said officials have every reason to believe the series of bombings "was an act of terror," though investigators said Rahami's exact motive isn't yet clear.

With Rahami's arrest, offi-

cials said they have no indication there are more bombs or suspects to find, though they cautioned that they are still investigating.

"I'm a lot happier today than I was yesterday," New York City Police Commissioner James O'Neill said.

The probe started when a pipe bomb blew up Saturday

morning in Seaside Park, N.J., before a charity race to benefit Marines. No one was injured.

Then a shrapnel-packed pressure-cooker bomb similar to those used in the Boston Marathon attack exploded Saturday night in New York's Chelsea section, wounding 29 people. An unexploded pressure-cooker bomb was found blocks away.

Late Sunday night, five explosive devices were discovered in a trash can at an Elizabeth train station. Investigators said they are still gathering evidence and have not publicly tied Rahami to those devices.

Late Monday, a hospitalized Rahami was charged in New Jersey with five counts of attempted murder of police officers in connection with the shootout and was held on \$5.2-million bail. Federal prosecutors said they were still weighing charges over the bombings.

Rahami lived with his family above their fried-chicken restaurant in Elizabeth, and his relatives have clashed with the city over closing times and noise complaints they said were tinged with anti-Muslim sentiment.

Authorities zeroed in on him as the potential bomber after a fingerprint and DNA lifted from one of the New York sites and "clear as day" surveillance video from the bombing scene helped identify him, according to three law enforcement who spoke on condition of anonymity because they were not authorized to discuss the case.

THE ASSOCIATED PRESS

Rahami was 'friendly' but changed

To neighbours and customers of his family's storefront chicken takeout, Ahmad Khan Rahami was a friendly, quiet presence behind the counter who liked talking about cars and was generous with free food.

So when the 28-year-old Afghan immigrant was apprehended Monday as the lead person of interest in bombings in New York and New Jersey, those who knew him expressed shock, questioning whether his turn to religiosity in recent years might have hinted at views otherwise kept hidden.

Rahami's father and brothers had long nursed tensions with neighbours and officials in Elizabeth, N.J., over the restaurant's late hours, a conflict the family claimed in a lawsuit was the result of discrimination against them as Muslims.

But Ahmad Rahami's demeanour — increasingly devout but more likely to talk about worldly pursuits than his faith — never hinted at anything but goodwill, customers said.

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UNITED NATIONS

Refugee, migrant crisis plan approved

With more people forced to flee their homes than at any time since the Second World War, global leaders on Monday approved a declaration aimed at providing a more co-ordinated and humane response to the refugee crisis.

The issue of what to do about the world's 65.3 million displaced people will take centre stage at the General Assembly with leaders from the United Nations' 193-member states converging on New York for the first-ever summit on Addressing Large Movements of Refugees and Migrants.

"Today's summit represents a breakthrough in our collective efforts to address the challenges of human mobility," said Secretary-General Ban Ki-moon, calling on leaders to commit to "upholding the rights and dignity of everyone forced by circumstance to flee their homes in search of a better life."

The New York Declaration for Refugees and Migrants contains no concrete commitments and is not legally binding but rather calls on countries to protect refugees' human rights, boost humanitarian aid and increase resettlement of refugees.

The declaration seeks to standardize responses to refugee situations and provide better educa-



U.K. PM Theresa May is greeted by UN Secretary-General Ban Ki-moon on Monday.

CRAIG RUTLE/THE ASSOCIATED PRESS

tion and jobs to refugees. It also encourages resettlement and includes plans for a campaign to combat xenophobia.

A number of countries rejected an earlier draft of the agreement that called on nations to resettle 10 per cent of the refugee population each year, something that has led several human rights groups to criticize the document as a missed opportunity. The U.S. and a number of other countries also objected to language in the original draft that said children should never be detained, so the agreement now says children should seldom, if ever, be detained.

THE ASSOCIATED PRESS

IN BRIEF

Man jailed for attacking woman in shorts

Turkey's state-run news agency says a court has ordered a man arrested pending trial for attacking a woman who was wearing shorts on a bus, after his initial release caused uproar. Anadolu Agency says the court in Istanbul ordered Abdullah Cakiroglu jailed for "inciting hatred" and "preventing a person's right to exercise his or her freedom" for kicking Aysegul Terzi in the face. Cakiroglu was released from custody despite expressing no remorse. His release sparked uproar on social media and protests.

THE ASSOCIATED PRESS

Two-faced calf born

Visitors to a central Kentucky farm may do a double-take when they see the newest addition: a two-faced calf. Stan McCubbin of Campbellsville said that he thought he had twins when he first saw the calf. The female calf has two noses, two mouths and four eyes, though the middle two eyes don't function.

THE ASSOCIATED PRESS

U.K. retirees push Canada

FOREIGN PENSIONS

Brexit talks offer hope to fix frozen payments

Anne Puckridge has two medals, earned during her service to Britain in the Second World War. The 91-year-old jokes that she is still fighting — except now it is against the British government.

Puckridge is one of about 150,000 British retirees who don't receive annual increases in their U.K. pension payments because they live in Canada.

Successive British governments have refused to index their pensions to keep pace with the cost of living, despite decades of diplomatic overtures from Canadian officials.

"I served my country, we all of us, all of us frozen pensioners paid our National Insurance contributions every week on exactly the same term as everyone and we consider it theft," Puckridge said from her Calgary home.

"The government accepted

+ BY THE NUMBERS

A look at foreign pensions inside Canada, and payments abroad.

1.24 million: British pensioners living outside the U.K. and receiving benefits.

560,000: British pensioners living outside the U.K. in countries where their pensions are not indexed.

150,000: The number of those frozen pensioners living in Canada.

\$865 million: Approximately how much the increases would cost the British government in Canadian dollars.

Source: Employment and Social Development Canada, U.K. House of Commons Library

our money for all those years and rather suddenly, reneged on paying out."

Now those pensioners see a glimmer of hope with Brexit.

As Britain negotiates its departure from the European Union, it will have to decide how to deal with the approximately 400,000 U.K. pensioners living in Europe who have received annual increases in their pensions. If the British government decides to upgrade those U.K. pensioners in Europe, it would give those frozen pensioners in Canada and elsewhere a strong argument to

pressure the British government to give them annual increases, too.

Those details will be likely be sorted out during exit negotiations with the EU. After that, Britain has signalled its intent to negotiate a free trade deal with Canada.

David Morris, chairman of the Canadian Alliance of British Pensioners said his group wants the Trudeau Liberals to play hardball with Britain in future free trade talks and make indexing their pensions a requirement for a new deal.

THE CANADIAN PRESS



British expat and Second World War veteran Anne Puckridge wears her medals at her home in Calgary. THE CANADIAN PRESS

PENSION REFORMS

Feds see economy slowing

The federal government expects the proposed expansion of the Canada Pension Plan to curb economic and employment growth slightly in the short term before boosting both of them in the long run.

Ottawa reached a tentative agreement with provincial governments in June to eventually increase contributions and retirement benefits through the public plan.

New data released by the Finance Department says CPP changes will have a temporary impact on jobs — lowering current employment-growth projections by up to 0.07 per cent between now and 2025.

The government says the pension changes will trim the forecast for real gross domestic product growth by up to 0.05 per cent over the short term.

But beyond the year 2025, the government predicts the pension changes will result in increased GDP growth of up to 0.09 per cent and a 0.06 per cent increase in employment.

THE CANADIAN PRESS



The OMbra tracks heart rate, distance and calories. COURTESY OMSIGNAL

Sports bra is so smart it measures your heart rate

A Montreal company is entering the competitive sports bra market by launching a smart technology product specifically targeting female runners.

OMbra contains sensors that read biometric signals such

as heart rate, movement and breathing rhythms, which are streamed to an app that coaches runners to obtain optimal results.

The bra is a more comfortable and better alternative to watches and wrist bands, says

OMsignal CEO and founder Stephane Marceau.

Developed after two years of research, the OMbra uses silver-based yarn to measure the performance of the body and transmit data through a black box to an app. The runner can

view a detailed analysis after the run, or monitor her form midstream by receiving audio prompts, for example, to slow down to the most productive fat-burning levels.

The bra, which uses GPS to track movement, is currently

only for use outdoors through an iPhone. However, an indoor application is expected in November and an android connection is planned for early 2017.

The starter kit retails for \$189. Additional bras sell for \$79. THE CANADIAN PRESS

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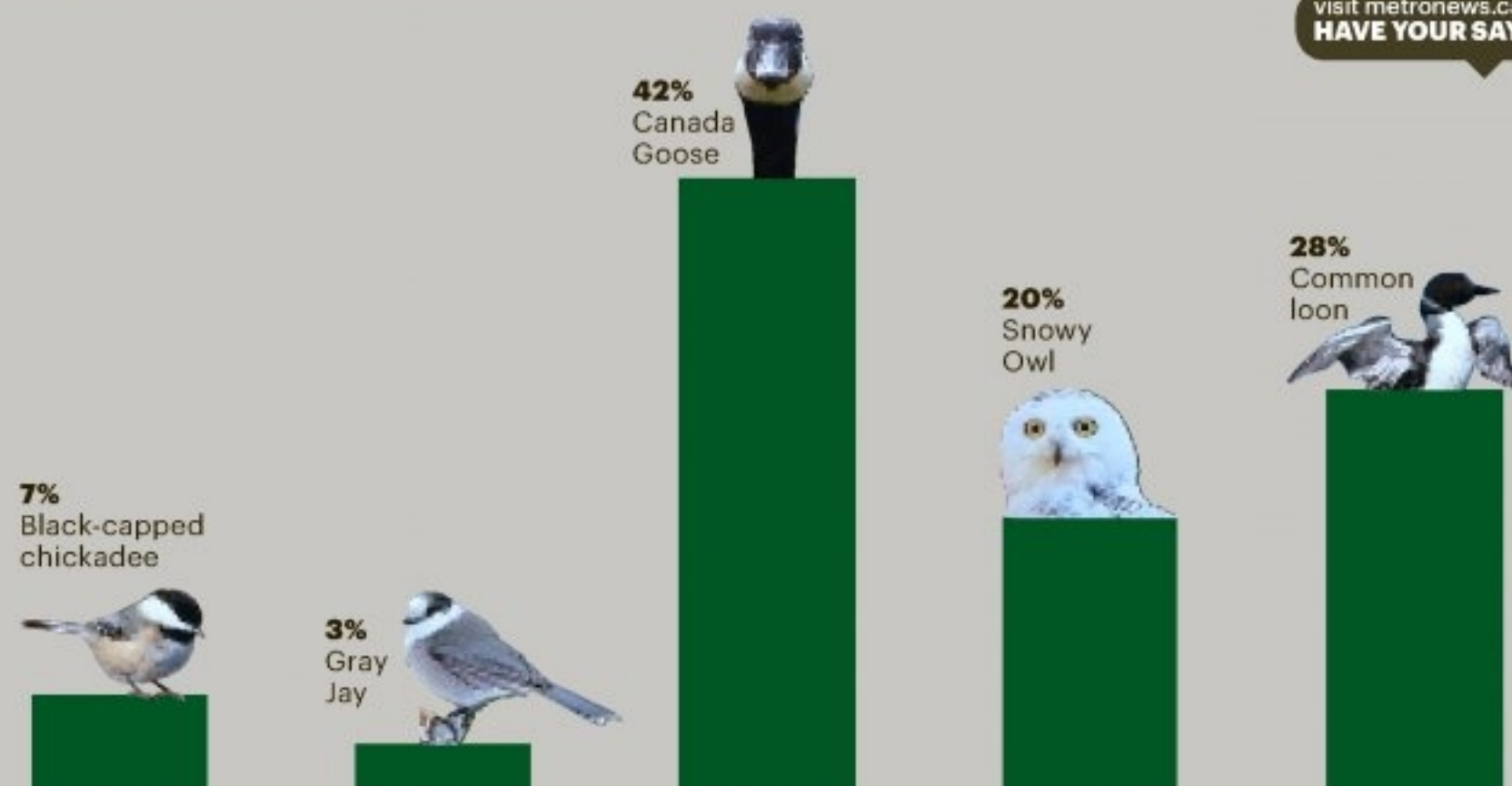


METRO POLL

What should be Canada's next top bird?

Canada doesn't have an official national bird. No, we can't believe it either. In a bid to set things right, Canadian Geographic has created the National Bird Project, which will designate our best feathered friend by 2017. After a preliminary vote, five finalists will now be considered by a flock of experts. We asked our readers to tell us their favourite of the five. Who knows — maybe these tallies will help goose the final results.

visit metronews.ca
HAVE YOUR SAY



Don't blame pedestrians for being hit by drivers

URBAN PARADIS

Danielle Paradis



A motorist hit a 19-year-old man in a marked crosswalk last week. He later died. It was Edmonton's 18th traffic fatality of 2016, a sobering statistic.

What should we do? Well, according to a new Edmonton advertisement, it's on pedestrians to find a solution.

Really. Consider the "Look out for each other" campaign.

The city opened consultations for their annual transportation-safety campaign last week. The "Heads Up, See Me" advertisement shows a stick man with reflective strips on his arms and ankles. The proposed sign reads, "Look Out for Each Other." The ads are also tied to the city's Vision Zero campaign.

But these ads miss the intent of Vision Zero.

In his blog, former Ward 11 candidate Troy Pavlek explains why, saying the ad hurts Vision Zero "by educating drivers that pedestrians are at fault for collisions."

"The city is stating," he goes on, "if you cross a 60km/h road at night you will be hit by a multiple ton piece of metal, even without driver error." He's right.

The focus of the "Heads Up" campaign is to encourage pedestrians to remain visible. Drivers are just sort of forgotten. The reason, according to the city, is that statistics show pedestrian collisions tracked between 2010-2014 skyrocketed during the fall months, when light is low.

But the campaign is car culture run amok into victim blaming, rather than driver shaming. It's a hop, skip and a jump away from saying, "Yeah maybe he was struck by a car

— BUT WHAT WAS HE WEARING?"

Sure, it's beneficial to all pedestrians to have policies that slow traffic, narrow roads and increase bike lanes. But shouldn't drivers still bear some responsibility — especially when, anecdotally, it seems a large chunk of pedestrian killed by drivers are hit in marked crosswalks?

Toronto recently came under fire for the same type of pedestrian-focused advertising, with many opponents calling it "pedestrian-shaming."

The campaign, called "Stay Focused, Stay Safe" used much of the same rhetoric we're seeing in Edmonton.

Sweden created the first Vision Zero strategy, and it caught on in American cities like New York and Boston. Last September, Edmonton city council bragged it was "the first Canadian city to officially adopt Vision Zero."

As the name suggests, the goal is to reduce traffic-related deaths to zero.

Design is important, and awareness campaigns help everyone pay attention.

But it's still important to insist to drivers that they share the road. I don't think the citizens of Edmonton who make their way around on foot should bear the sole responsibility for staying safe against the driver of a vehicle, especially when pedestrians are run down in crosswalks.

What good is reflective tape, after all, when our streets are designed like the Autobahn — big, wide lanes that suggest they are the exclusive domain of the driver?

It's time we also include motorists in the responsibility game.

Danielle Paradis loves Edmonton, politics and flowcharts. She tweets @DaniParadis

ROSEMARY WESTWOOD

I hate that I have to say 'I told you so' about judges who don't get it

A seasoned columnist once told me you know you're losing your relevance when you start quoting yourself. But this is really too good to pass up.

Two weeks ago, in the wake of Robin Camp — our poster boy for judges who don't know the law, let alone exude gender sensitivity in applying it — I wondered who else? What other sexist idiocy is hiding inside a judge's robes? It was the obvious question, and some good journalists asked it. And now we have a slew of answers.

There is Alberta Provincial Court Justice Michael Savaryn, who is under review after ruling that a teenage boy didn't sexually assault a teenage girl. The boy grabbed her breast and backside and tried to kiss her, and she said no, but the judge decided she hadn't clearly expressed her objections because, you know, she smiled.

Then another Alberta judge — Pat McIlhargey — acquitted a 16-year-old boy of raping a 13-year-old girl because "she did not scream, she did not run for help" and she didn't tell her friend.

And finally, hitting the headlines last week was Alberta Justice Keith Yamauchi, who in 2013 ruled that three women's complaints of historical sexual assault weren't credible because they didn't come forward sooner — logic that defies actual Supreme Court guidance and the fact that there is no statute of limitations in Canada on sexual

assault.

Really, these cases are piling up like some kind of awful nursery rhyme and exhibit thinking just as antiquated: "One bad judgment, two bad judgments, three bad judgments, four. Unless you're a men's rights activist, you know there must be more."

Let's also keep in mind these other facts. Two unifying factors in all these cases are A: male judges and B: male judges relying not just on so-called common sense but on sexist common sense. It's the problem with assuming that, just by living, you have a good sense of what credible behaviour looks like in others, even if you have no clue as to what it's like to be them, or be raped, for example.

In case you're tempted to think Alberta is some kind of outlier, you might like to know that Crown attorneys in Ontario, as part of the province's It's Never Okay action plan to stop sexual violence, received training on rape culture in the courtroom this year.

And in case you forgot the upshot of all this: Sexism in our justice system not only discriminates against women, it lets sexual predators off the hook.

Thus, we have a system that serves them, and of course, judges, who face little scrutiny and highly secretive reviews. That is, when they face any at all.

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LOVE YOUR LIVER KNOW YOUR PAINKILLERS

Do you come home from a night on the town, guzzle a glass of water with two extra-strength Tylenol to ward off a hangover? You're not doing your liver any favours. Overdose of acetaminophen, Tylenol's active ingredient, is a top cause of liver injury according to Dr. Constantine Karvellas from the University of Alberta Hospital. It doesn't take much, and adding alcohol can be deadly. Health Canada has just moved to make manufacturers label acetaminophen more clearly, but there's still copious confusion about common drugstore painkillers, their uses and risks. **Here's what you need to know.** GENNA BUCK/TORSTAR NEWS SERVICE



ACETAMINOPHEN

A.K.A.: Tylenol, Atasol, Midol, Pamprin, Robax, Paracetamol; hundreds of cold and sinus remedies and cough syrups.
Used for: Pain, fever
Who shouldn't take it? Heavy drinkers (more than three drinks a day) and people who've messed up their livers with acetaminophen before. Steer clear if you're near the maximum daily dose — and don't forget to add up all the sources of acetaminophen. Some experts want the daily limit lowered from 4000 mg, or eight extra-strength tablets, to 3000 mg. Liver damage can even happen below the cut-off if the person is drinking heavily or taking the medicine for a long time.



IBUPROFEN

A.K.A.: Advil, Motrin; many cough, cold and pain remedies
Used for: Pain, inflammation, fever
Who shouldn't take it? Pregnant women (especially if they're 30 weeks along or more); people at high risk of bleeding disorders such as blood clots, bleeding in the lining of the stomach, heart attack or stroke.



ASPIRIN

A.K.A.: Acetylsalicylic acid, ASA
Used for: Pain and fever; also prescribed to reduce risk of blood clots, heart attack and stroke
Who shouldn't take it? Children younger than 12, pregnant women in the third trimester and anyone prone to bleeding or stomach ulcers.



NAPROXEN

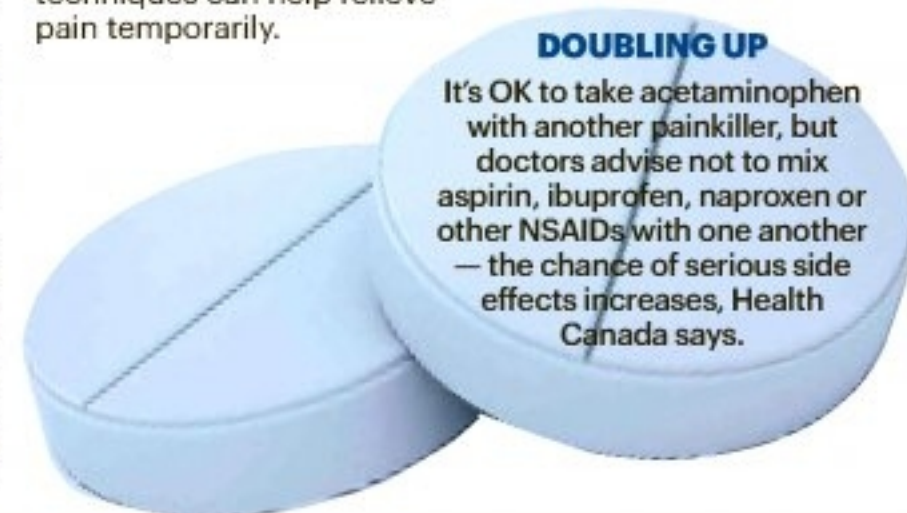
A.K.A.: Aleve
Used for: Pain, muscle and back aches, arthritis
Who shouldn't take it? Pregnant women in the third trimester and people with bleeding disorders or inflammatory bowel disease.

Ibuprofen, aspirin and naproxen all work in a similar way. They belong to a class of drugs called NSAIDs. You shouldn't take any of them if you're severely dehydrated, such as during a bad stomach bug. That can damage the kidneys. And drinking alcohol — especially a lot of it — while taking NSAIDs increases the risk of bleeding in the lining of the stomach and intestines.



ALTERNATIVES

You don't always have to pop a pill to relieve pain. Often an ice pack, heating pad or hot water bottle can do the trick. Peer-reviewed studies also show relaxation, meditation and mindfulness techniques can help relieve pain temporarily.



DOUBLING UP

It's OK to take acetaminophen with another painkiller, but doctors advise not to mix aspirin, ibuprofen, naproxen or other NSAIDs with one another — the chance of serious side effects increases, Health Canada says.

HEALTH

Getting svelte with Canada's 'physical DJ' to the A-list stars

Anna Kaiser considers herself a "physical DJ." Music is an integral part of the Calgary-born celebrity trainer's workouts at AKT InMotion, a New York-based fitness studio with a dance-based interval training program at its core. "We (the instructors) have to be inspired by the music in order to inspire others," says Kaiser, who has worked with celebrities from actress Sarah Jessica Parker to model Karlie Kloss and singer Shakira. Kaiser combines pilates and hip-hop, power yoga and jazz, kick-boxing and TRX suspen-

sion rope training with Top 40 hits or deep house music. She spoke from New York to offer fitness tips.
How did you get started in dance and fitness? I did yoga for many years, and then couldn't do another sun salutation. I tried pilates for many years and couldn't do another hundred. I went through all the phases. I got into the elliptical machine, same with spinning and heavy weight lifting. I had to keep myself in shape aesthetically

as a dancer but also be able to perform at a very specific level. I was trying to find the right combination of strength, cardio and flexibility.
What is your dance-based interval training like? If you're not a dancer, it can be counter productive to dance for hours if you don't have correct posture because it's too much impact on your body for an extended time. I found it to be more effective if you broke it up into intervals. We do a cardio interval for

10-15 minutes. Then switch to strength interval for 5-10 minutes so that you could encourage and realign the body to engage and for the body to reconnect with the core. I layer that in with dynamic flexibility at the same time.
A lot of fitness pros say that out of the three keys to change — exercise, diet and rest — diet is most important. What's your perspective? If you're not rested you're going to be hungrier and you're going to crave food that's not

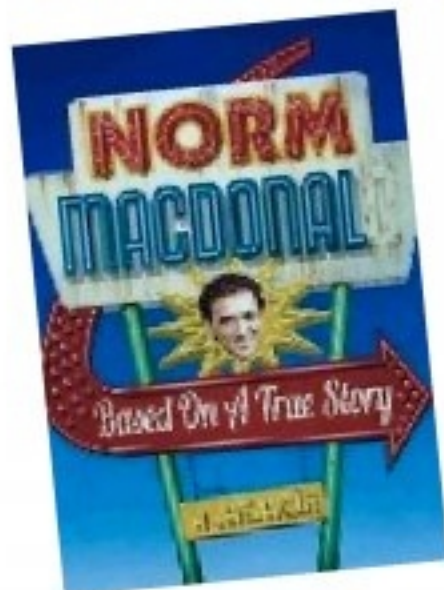
good for you. If you're in a constant state of being exhausted your body is going to try and compensate for that by craving foods that are not going to help you move towards your weight loss goals. And you're not going to have the energy to work out and your muscles aren't going to have the time to recover before they need to work out again. Your workouts are going to get compromised. Ideally, you'll get seven to eight hours a night and if not you can nap. TORSTAR NEWS SERVICE



Anna Kaiser. CONTRIBUTED

BOOK EXCERPT BASED ON A TRUE STORY: A MEMOIR BY NORM MACDONALD

SNL and swigging warm bourbon from a flask



Ottawa Valley's Norm Macdonald became famous in a comedic institution where many Canadians got a break: Saturday Night Live. He hosted Weekend Update, starred in movies including Dirty Work and Billy Madison and, more recently, the TV series Sunnyside — he also does a mean stand-up and a video podcast. His memoir *Based On A True Story*, is out today; here's a preview.

EXCERPT FROM BASED ON A TRUE STORY: A MEMOIR BY NORM MACDONALD © 2016. PUBLISHED BY HARPERCOLLINS PUBLISHERS LTD. ALL RIGHTS RESERVED.

People often ask how many jokes I contributed to Weekend Update. The answer can be a whole bunch or one, depending on how you look at it. I pitched it during that first meeting. "David Hasselhoff is a major recording star in Germany, where his two shows, Baywatch and Knight Rider, are huge hits. Which all goes to prove my theory, Germans love David Hasselhoff." No one laughed.

Jim said, "You can do it, Norm, but non sequiturs have to be done often to have any chance to work."

"Okay, Professor," I sneered, "what's a non sequitur?"

"It's a joke that makes no sense. It's structured like a joke but has no content."

Jim was really starting to get on my nerves. That was no non sequitur. It was a real joke.

The meeting had held such promise, but it was turning bad quickly, and I sensed that two camps were forming: the camp I was in and the camp everyone else was in. I knew where I was needed. I quickly



Norm Macdonald on Weekend Update: 'Weekend Update was the funniest it had ever been, and when you are that funny, you can be sure that you will not be fired.' CONTRIBUTED

excused myself and went to meet with Wally Feresten to discuss the size of the cue cards.

The new incarnation of Weekend Update premiered in the fall of 1994 and was an instant hit. The New York Times hailed it "punk rock comedy," which is what I had been intending for them to notice from the beginning. Frank and

Ross wrote all day, every day, on Update, and by week's end they had generated maybe two thousand jokes. We'd cut it down to thirty for dress and to about a dozen for air. By that time the jokes would be bullet-proof, exactly like one of those punk-rock songs.

We also filled the time with features, of course, and it was so fun to have Sandler do his

Hanukkah song or Farley do anything at all, really. Later, guys like Jim Breuer and Colin Quinn came along and were perfect for features because they came from stand-up and knew how to perform directly into camera. And I got to sit right beside them and watch, and, when the camera wasn't on me, I could swig warm bourbon from a flask.

I knew Weekend Update was becoming popular, because my influence at the show began to build. I was a natural at reading cue cards that were held two feet from my face. I noticed that my power on the show was directly related to the size of the cue cards. I kept demanding larger and larger cue cards, until mine were over four times as big as any other cast member's. I even negotiated for Wally to get his own personal trainer, who would work with him during the week, since the weight of the giant cue cards was beginning to prove too much for him.

We were having a great time at Weekend Update until the grumbling began. I had heard things, but I just chalked it up to general grumbling. But it was not. It was grumbling that was specific to Weekend Update and specific to me.

But I never worried. Weekend Update was the funniest it had ever been, and when you are that funny, you can be sure that you will not be fired.

TV BRIEF

Damon Wayans unveils Lethal Weapon TV series

Damon Wayans is direct when asked why there seems to be such a proliferation of movie-based television series invading the small screen.

"They're trying to make money, that's it," says Wayans. "It's hard to get attention these days when you're launching a new show."

So producers want titles that people are familiar with." That would include Wayans' latest venture, *Lethal Weapon*, a TV remake of the violent but hugely successful global franchise that paired Mel Gibson and Danny Glover as out-of-sync detectives.

It debuts Wednesday at 8 p.m. on City. TORSTAR NEWS SERVICE



JOHANNA SCHNELLER WHAT I'M WATCHING

How the Emmys helped further polarize U.S. politics

THE SHOW: The Emmy Awards (CTV/ABC)

THE MOMENT: The political wall

Coming back from a commercial, an announcement: "Ladies and Gentlemen, Dr. Bill Cosby." Awkward silence fills the room. Host Jimmy Kimmel strolls on stage. "He's not here," he says. "I just wanted to see what you would do."

Diversity may have been proclaimed the theme of the night.

("The only thing we value more than diversity is congratulating ourselves on how diverse we are," Kimmel said in his opening.) The winners were certainly a mixed bunch: lesbians (Sarah Paulson, Kate McKinnon, Jill Soloway); black actors (Regina King, Sterling K. Brown, Courtney B. Vance); South Asian men (Aziz Ansari and David Yang); men playing women (Jeffrey Tambor and Louie Anderson); Tatiana Maslany (woot!), a one-woman diversity squad on Orphan



Jill Soloway, winner of outstanding directing for a comedy series for *Transparent*, accepts her award at the Emmys Sunday. THE ASSOCIATED PRESS

Black.

Winning shows were diverse, too: *Veep*, *Game of*

Thrones and *The People vs. O.J. Simpson* dominated, but the Emmys made room for

everything from *Mr. Robot* and *Bloodline* to *Key & Peele* and *Grease Live!*

Politically, however, there was zero diversity: In that theatre, it was hard left or nothing.

I'm a proud Democrat, but as the Trump jokes wore on, I began to wonder how all this was playing in the red states.


Did the open scorn stiffen Trump supporters' resolve? Did the pleas for colour- and gender-blind casting start to feel like scolding?

Don't get me wrong, when Soloway chanted, "Topple the patriarchy!" I was cheering along.

But to answer Kimmel's question about what "we" would do?

The answer seems to be, make that wall between Democrat and Republican a bit higher.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



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LEARNING CURVE

I haven't bonded with my bunkmate

So the frenzy-filled days of frosh have come to a close and it's time to get down to business. But even after all the pie-throwing, paint-splattering and get-to-know-you games, you and your residence roomie haven't quite declared BFF status. Is it time to call in backup?

"It's unrealistic to expect to immediately bond with a new person," says Melinda Scott, dean of the University of Toronto's University College. "It's a process that will take some time, so be patient with yourself and your new roommate."

D'arcy Ryan, director of residence life at Concordia University, reminds that the work put



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into the front end of choosing roommate pairings is extensive, so similarities will become apparent through communication and openness.

"Some of the many things we consider when we make the decision are study patterns, music preferences, programs of study, what countries they're from..." says Ryan. "Our match process

is thorough and we have a lot of success."

Keeping those parallels in mind, Ryan suggests asking your roommate what they're interested in and extending no-pressure invites to them when a social opportunity arises.

"Remember that when you have a roommate you know at least one person," says Ryan.

"Count yourself lucky that you automatically have one other person that you can talk to and debrief with when entering a large pool of people. Not everyone has that."

Nona Robinson, associate vice-president of students at Trent, advises that a fail-proof show of solidarity is to acknowledge that you're willing to greet potential conflict with your roommate in a constructive manner. She suggests that a student sits down with their new partner in post-secondary and ask them how they'd like possible problems to be resolved.

"Ask them, for example, 'would you prefer I said it directly or write it in a note?'" says Robinson. "Make the commitment you'll address problems that particular way. Sitting and stewing is the quickest recipe for disaster."

D'arcy Ryan adds that if the roommates can't work out their differences, both together and with their R.A., then requesting a switch through a residence manager is an option. But better, he says, to attempt first to exercise a degree of patience and understanding.

"Wait a couple of weeks," says Ryan. "Try it out. Everyone's new to this — so give it time."



CONTRIBUTED

BE WORKPLACE READY WHEN YOU GRADUATE

When Nomer Soria first decided to check out Digital School Technical Design College he was immediately interested in the engineering CAD technician with process piping specialization program, but did not have much knowledge in the area of oil and gas.

Working in a pizza restaurant in Fort McMurray before enrolling, Soria was looking to transition into the oil and gas field.

"Without any experience in drafting whatsoever, I chose Digital School believing they produce workplace ready students

when they graduate," says Soria.

Soria says the instructors in Digital School have been very supportive, and care about the progress of their students.

"I would recommend this program to others because what I have learned at Digital School is priceless," says Soria.

"I started from nothing and had no idea in drafting — and now the comprehensive practical application in Digital School has made my skills excellent in 3D design, along with a thorough knowledge in Civil 3D, and excellent expertise in Auto CAD 2D, 3D, and Inventor."

The engineering CAD technician with process piping specialization program offers a two-year curriculum that can be completed in just one year.

Graduates of this program may be found working in process design and manufacturing facilities, engineering firms and other related industries.

Digital School now offers intakes eight times per year into their programs, with the next start date for the engineering CAD technician with process piping specialization program being Sept. 26, 2016. For more information, visit digitalschool.ca.



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Train to be a pharmacy assistant in five months

Not everyone that works in a pharmacy is a pharmacist with four or five years of post-secondary education. Pharmacy assistants are valuable members of the pharmacy team.

They assist pharmacists and pharmacy technicians by compounding, packaging and labelling pharmaceutical products, and maintaining prescription records and inventories of medications and pharmaceutical products.

Through the new pharmacy assistant program at Robertson College, individuals can train to enter this respectable field in just five months (20 weeks).

"This program prepares students for an entry level pharmacy assistant position in retail and institutional pharmacies," says Ramona Buda, campus director at Robertson College — Edmonton Campus.

"It provides theory, lab and practicum experiences to develop skills to have a successful career as a pharmacy assistant."

This program has been designed for any individual with an interest in this field.

Students of this program will gain theory, lab, and practicum experience so they can transition easily into their new workplace.

They will also be introduced to community and institutional pharmacy procedures so they can be prepared to work in a variety of pharmacy settings.

Throughout the program, students will learn the basic math calculations that pharmacy assistants are required to use when working in retail and hospital pharmacies, as well as being introduced to basic human

anatomy, physiology, pathophysiology, pharmacology and medical terminology that will help students to identify the major classes of drugs used to treat different conditions.

Upon completion of the classroom portion of the program, students will participate in a four-week practicum in a pharmacy setting where they will gain valuable work experience and be able to perform the duties learned in a classroom and lab in a real-world pharmacy setting.

Graduates of this program are employed in retail pharmacies. Buda says now is a great time to consider training in this field as health care is a field where qualified and skilled workers are always in demand.

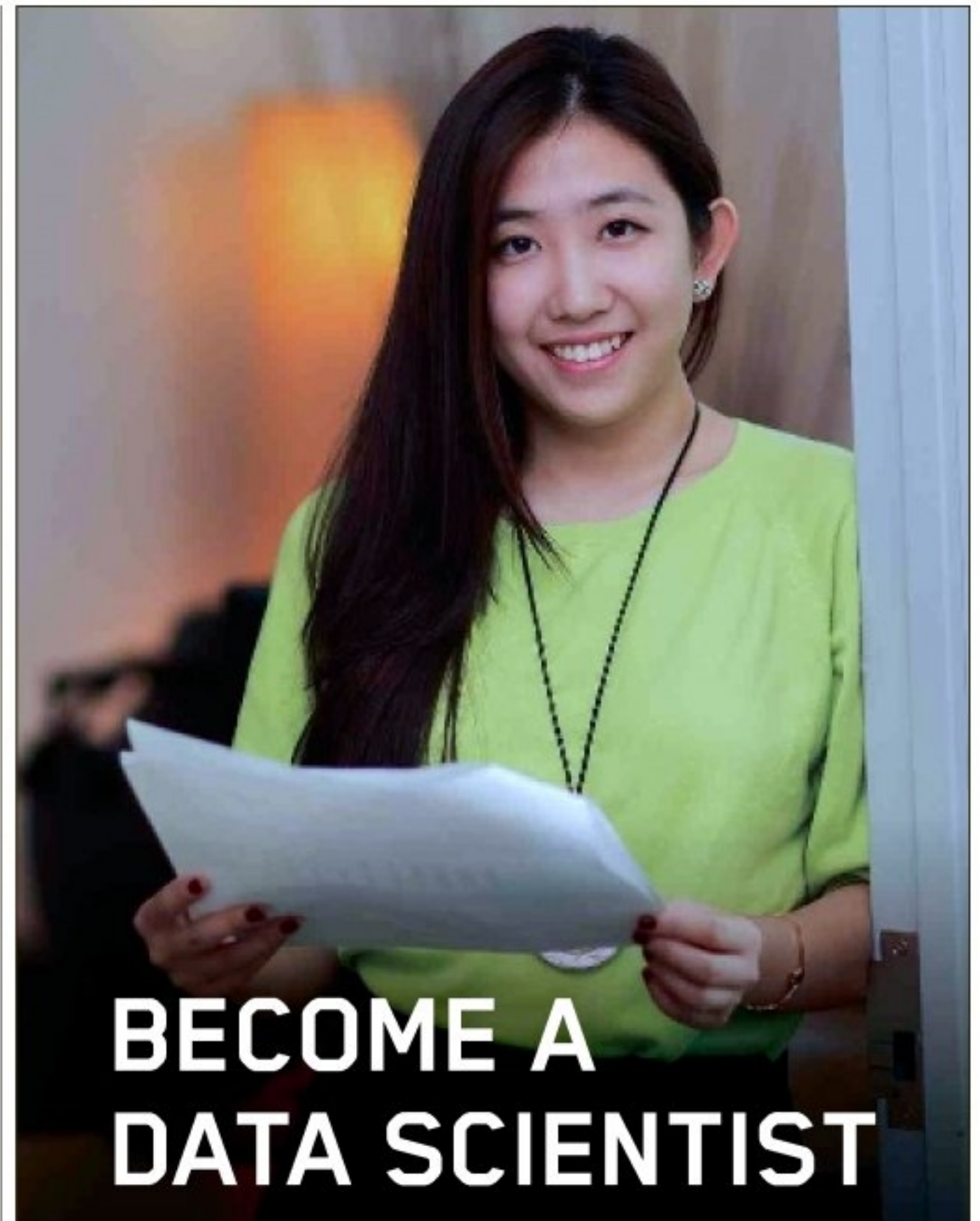
"With the downturn in the economy many are looking to retrain in industries that are not affected by the economical swings - and what better industry than health care," says Buda.

The next intake for the pharmacy assistant program is Oct. 10, with spots still available for interested individuals.

Once a Robertson College student, the benefits of being a Robertson College student lasts a lifetime.

"We offer career counseling, financial services, faculty advisement and expert industry-based advice on education, lifetime career services including assistance throughout job search, resume and cover letter preparation," says Buda.

For more information about the pharmacy assistant program at Robertson College, visit robertsoncollege.com.



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LEARNING CURVE

'Continuous education is a key factor in career advancement'

Understanding the value of continuing her education to reach her career goals is the reason why Maria Evangeline Omega decided to head back to school to study business.

She chose Academy of Learning Career College for the business management diploma program because she says this program's curriculum offers a balanced approach of both the practical application and theories of learning the complexities of commerce.

"I chose this program to reinforce and enhance my knowledge and skills from the practical training and experience I have learned over the years as a manager for various businesses," says Omega.

"I also believe that continuous education is a key factor in career advancement amidst an environment of tough competition."

As an adult student, Omega says she finds the courses flexible enough to accommodate her style of learning, while at the same time validating and measuring how well she comprehends the material through written exams.

"The school personnel are very supportive and make one feel as a partner in the learning process," says Omega.



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"I am also very encouraged by the learning environment — meeting different students of different ages, walks of life and careers — all pursuing a common objective of acquiring more knowledge in order to achieve their dream."

Once Omega completes the program, she is hoping to continue to pursue a higher career in management, where she says will be able to face any potential challenge with more confidence.

For more information, visit academyoflearning.ab.ca.



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bookkeeper in Alberta makes a median wage of \$22 per hour, according to jobbank.gc.ca.

The Business Administration Management diploma program at Reeves College equips students with a suite of up-to-date business skills and knowledge, and ends with a comprehensive practicum placement, so students can hone their skills in a real-world business environment.

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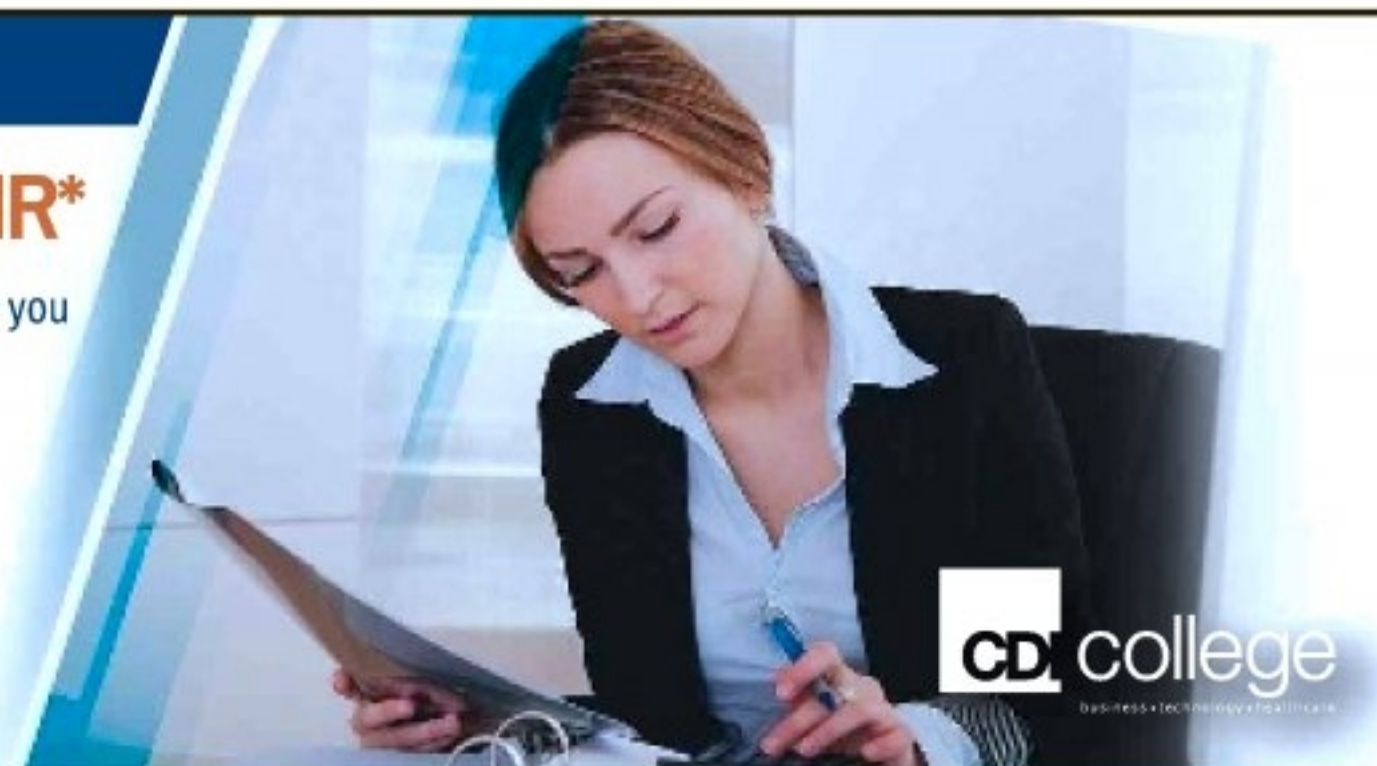
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An accounting and payroll administration professional needs a particular set of skills that help them deliver efficient, effective service. You'll need to be competent in double entry bookkeeping, debits and credits, assets, liabilities, equities, journalizing transactions, posting of accounts to ledgers and preparing a trial balance.

You'll also need software skills to augment your base knowledge in accounting and payroll administration. These include proficiency in Microsoft Outlook, Word, Excel, Access, and PowerPoint, as well as specialized accounting software like Sage 50.

Once you're qualified, you can get many



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different, well-paid positions in the field, such as accounting clerk, tax return preparer and payroll officer. Accounting clerks in Alberta make a median wage of \$21.63 per hour*.

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Concordia University focusing on the student

At Concordia University of Edmonton, placing a priority on the needs of students has helped it become recognized as a leader in private education by the people that matter most — its students.

"Concordia University of Edmonton focuses on the student," explained Sarawjeet Panesar, marketing specialist at Concordia University of Edmonton. "It's a diverse, inclusive university, with a 10 to 1 student-to-instructor ratio, allowing for connections between students and their professors."

Those connections have paid off. In a

2014 Canadian University Survey Consortium report, CUE was ranked number-one in Alberta for student satisfaction.

CUE has had a presence in Alberta since 1921 and has been awarding undergraduate degrees in arts and sciences since 1987. Currently, CUE offers 45 majors and minors in arts, science, and management. It also offers two after-degree programs, three Masters degrees, and a variety of certificates and diplomas.

"CUE's goal is to ensure that graduates leave with a foundation of knowledge, the

ability to think clearly and objectively, and develop key communication skills that will lead to success in both the student's career and personal life," Panesar said.

Applications for new, transfer, and returning students in the Bachelor of Arts, Management, and Science programs are open until November 1st for the winter semester; the application deadline for the International Undergraduate program is Oct. 1.

To learn more about the programs available at CUE, visit concordia.ab.ca.

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The pitfalls of playing college hooky

It's 8:30 a.m. and you've got a class at nine sharp. Gone are the days when Mom was around to boot you out of bed and when your absence during roll call would spell the end of the world.

Post-secondary brings with it a new degree of personal freedom to be or not to be in class. But should you start to worry when your sleep and social life win over seminars every single time?

"It's a normal part of the process of development," says Melissa Gallo, associate director of Humber College's career centre. "But what we do hope you get out of this by the time you leave is the ability to plan and manage your life."

"So much of the learning happens in collaboration and in communication with peers," adds Gallo. "Eventually they're going to miss out on building those connections with students."

Anne Forestall, assistant vice-provost of student affairs at Dalhousie University, says that that very connection has been proven to make a difference when it comes down to grades.

"We do know that there is a correlation between engagement with a campus and academic success," says Forestall. "Oftentimes during class time study groups will form, problems can be worked out together."

"Although there are many ways for a student to seek out notes outside of class," she continues, "that can't replace the opportunity to put your hand up and ask, 'how does that really work?'"

And while students might feel they won't be missed in the larger lecture halls common to university settings, Forestall insists that empty desks are duly noted.

"I've heard from many faculty members who say they really do get to know the faces despite class size," says Forestall. "They do notice when someone hasn't shown up because they're interested in connecting with their students."

Mary Pierce, chair of the Kinlin School of Business at Fanshawe, reminds that missing college classes in particular can have an immediate impact.

"In applied education there are frequent evaluations," says Pierce. "You're missing more because every day is a hands-on learning experience."

Pierce elaborates that skipping out on the skill of socialization may have repercussions upon graduation.

"In the workplace, people who are good at collaboration get the job every time," Pierce says.

So what is a student to do when the call of the cozy bed is beckoning?

"Think to yourself — where might today lead me," she says. "If I just lie here it's leading me nowhere. If I go one inch further, I might then be one inch further to where I want to be."

"And who knows," adds Pierce. "You might just miss the best class of your life"

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"You want to prove people right. Not really the naysayers": Tim Tebow arrived in the Mets' Port St. Lucie, Fla., minor-league clubhouse Monday

metr SPORTS

WORLD CUP OF HOCKEY

4-goal barrage in 2nd period enough to beat North America

Auston Matthews scored his first goal at Air Canada Centre in a losing cause as Russia kept its World Cup of Hockey hopes alive with a wild 4-3 victory over Team North America on Monday night.

The Russians, who led 4-1 after four consecutive goals, had to stave off a two-goal comeback from the never-say-die young North Americans. Goaltender Sergei Bobrovsky did his bit to preserve the win.

Down 4-3, North America had a 94-second two-man advantage with some 8-1/2 minutes remaining but failed to convert despite some good pressure. A bench minor for too many men on the ice did not help the North American cause late in the game.

The game ended with 40 seconds of North American 6-on-4 play.

Russia (1-1-0) scored four goals in six minutes 14 seconds in a frenetic second period, prompting North America coach Todd McLellan to pull Matt Murray in favour of John Gibson with 4:17 remaining in the period. Murray faced 19 shots on the night.

Vladislav Namestnikov and Nikita Kucherov scored 50 seconds apart for Russia after Matthews put the North American young guns ahead in the



Russia's Evgeny Kuznetsov scores against Team North America goaltender Matthew Murray and defenceman Morgan Rielly on Monday night. GREGORY SHAMUS/GETTY IMAGES

first period. Evgeny Kuznetsov and Vladimir Tarasenko also scored in the second period.

Fellow Toronto Maple Leaf Morgan Rielly also scored in the second for North America (1-1-0), which outshot Russia 18-10 in the period despite being out-

scored 4-1.

Ryan Nugent-Hopkins cut the lead to 4-3 at 3:14 of the third, banging in a mid-air puck during a goalmouth scramble on the power play. North America kept coming — and shooting.

North America outshot Russia 46-25.

It was an open, free-wheeling affair with plenty of offence. The 23-and-under North Americans, wearing their distinctive black uniforms with "beacon red" numbers, continued their impressive

play.

The Russians, needing a win after losing their opener 2-1 to Sweden, seemed happy to play their part in an end-to-end affair.

North America opened Sunday with a 4-1 win over Finland, befuddling veteran Nashville

Predators goalie Pekka Rinne — a three-time finalist for the Vezina Award — with a 43-shot barrage.

The North Americans wrap up group play against Sweden on Wednesday while Russia faces Finland on Thursday.

THE CANADIAN PRESS

+ EURO VICTORY

Leon Draisaitl scored the overtime winner as Team Europe edged the Czech Republic 3-2 on Monday afternoon.

Europe improved to 2-0 in Group A while the Czechs dropped to 0-2

— all but eliminated from advancing to the semifinals.

Zdeno Chara and Mats Zuccarello scored in regulation for Europe.

Jakub Voracek and Martin Hanzal responded for the Czech Republic.

Canada game a must-win for U.S.

One game into the World Cup of Hockey, the United States is on the verge of elimination.

The U.S. goes into its showdown against Canada on Tuesday night needing a victory to survive and give itself a chance to advance to the semifinals.

A loss in the opener to Team Europe and Europe's overtime victory over the Czech Republic on Monday made this a win-or-go-home game for the Americans.

U.S. players circled the game against Canada as the biggest game of the tournament as soon as the schedule was released. Based on their precarious position, it has become exactly that.

“

I can't wait and I think our players can't wait for this game to start.

U.S. coach John Tortorella

"We were looking forward to this game as a great measuring stick, and the result of not winning the first game is it's also for our lives now," centre David Backes said. "We can't hold anything back. This is all the chips on the table for our team, and we need to play desperate."

Coach John Tortorella called it the Americans' "championship game" even before it was clear that they had to win to stay alive. He expects a charged atmosphere at Air Canada Centre, where the U.S. is the enemy and is facing a must-win game.

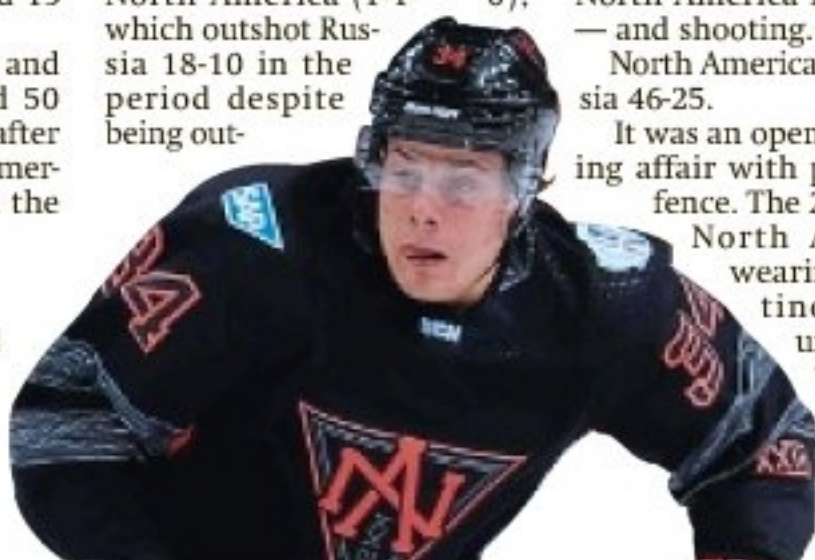
"Playing there, against them, everybody wants us knocked out," Tortorella said Monday.

"It's going to be a blast."

THE ASSOCIATED PRESS

Team North America's Auston Matthews scored his first Air Canada Centre goal on Monday night against Russia.

GREGORY SHAMUS/WORLD CUP OF HOCKEY VIA GETTY IMAGES



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Your daily crossword and Sudoku answers from the play page.

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Big win leaves big marks

NFL

Key Vikings hobbled in win over Packers at new stadium

Adrian Peterson left U.S. Bank Stadium on crutches with a torn meniscus.

Sam Bradford was seen shaking his left hand in pain for much of the game.

The Minnesota Vikings took their lumps in a 17-14 victory Sunday night, and much of it had to do with a leaky offensive line that had a hard time protecting their top playmakers.

Peterson managed just 19 yards on 12 carries and found little room to run before leaving in the third quarter with his injured right knee. Bradford played very well in his Vikings debut, but was sacked four times and was hit many more by an aggressive, blitzing Packers defense. The quarterback was left with a swollen and discolored non-throwing hand that required X-rays after the game.

"He took hits he shouldn't

have taken," left guard Alex Boone said. "He delivered the ball well. Just an overall great performance by him."

Playing just two weeks after being acquired from Philadelphia in an emergency trade following the season-ending knee injury to Teddy Bridgewater, Bradford completed 22 of 31 passes for 286 yards and two touchdowns. He outplayed Packers star Aaron Rodgers and inspired teammates by hanging in against the constant pressure, taking hits time and again and still throwing bullets to his receivers, including emerging star Stefon Diggs.

"He's as talented as they come and we've got to protect him a little bit better and not see him on the ground so often," tight end Kyle Rudolph said. "But we'll get there."

The Vikings revamped their offensive line in the off-season, signing Boone from the



Adrian Peterson went down with a torn meniscus in Monday night's win over the Packers in Minneapolis on Sunday night. JIM MONE/THE ASSOCIATED PRESS

San Francisco 49ers and right tackle Andre Smith from the Cincinnati Bengals, and moving Brandon Fusco from left guard to right guard. They also fired offensive line coach Jeff Davidson and hired former Dolphins head coach Tony Sparano, hoping he could bring some intensity

and fire to a group that, in coach Mike Zimmer's eyes, lacked both last season.

It's early, and the new group could benefit from more games together to gain cohesion. But the results have been troubling through the first two weeks.

Peterson, who led the NFL in

rushing last season, has managed just 50 yards on 31 carries through the first two games. He has gained two yards or fewer on 20 of those 31 carries.

"We didn't play very good up front last night," Zimmer said on Monday. "We didn't pass protect very well. We didn't do a very good job in the run block. They got after us up front, I thought. So we've got to do better."

THE ASSOCIATED PRESS

We won, and at the end of the day that's all that matters. Sam Bradford

DOPING

15 U.S. athletes in Rio had exemptions

Fifteen of the 558 athletes in the U.S. delegation at the Rio Olympics — less than three per cent — had therapeutic-use exemptions in force during the Games.

The exemptions, known as TUEs, came under increased scrutiny last week after Russian hackers broke into the database of the World Anti-Doping Agency and posted confidential medical information online from some athletes.

TUEs let athletes use other-

wise-banned substances to treat long-standing medical conditions, such as attention deficit disorder and asthma. Proponents argue those exemptions only level the playing field; critics say they can give competitors an edge.

The hackers largely targeted female U.S. Olympians, among them tennis stars Serena and Venus Williams and gold medal-winning gymnast Simone Biles.

THE ASSOCIATED PRESS

IN BRIEF

Popp steps down as coach

Jacques Chapdelaine has been named interim head coach of the Montreal Alouettes, while Jim Popp stepped down to focus solely on the team's general manager duties.

THE CANADIAN PRESS

Lions add to receiver corps

The B.C. Lions announced the signing of Terrell Sinkfield on Monday. The speedy receiver was cut by the Minnesota Vikings of the NFL at the tail end of their training camp.

THE CANADIAN PRESS

Bucks sign Greek Freak to reported \$100M extension

The Milwaukee Bucks have agreed to a contract extension with the versatile Giannis Antetokounmpo, a deal reportedly for four years worth \$100 million.

THE ASSOCIATED PRESS

NYCFC's Lampard to miss action with strained calf

New York City FC says midfielder Frank Lampard is expected to be sidelined for three-to-four weeks after straining a muscle in his left calf.

THE ASSOCIATED PRESS



Mookie Betts of the Red Sox celebrates hitting a home run with Xander Bogaerts on Monday night. ROB CARR/GETTY IMAGES

MLB

Red Sox surge to fifth straight win

Rick Porcello and the Boston Red Sox appear poised to extend their late-season charge deep into October.

Porcello pitched a four-hitter for his major league-high 21st victory. David Ortiz and Mookie Betts hit two-run homers and Boston beat the Baltimore Orioles 5-2 on Monday night to pad its lead in the AL East.

Coming off a four-game sweep of the Yankees, the Red Sox extended their surge in the opener of an important four-game series for both clubs. Boston has won 10 of 13 and stands atop the division by a season-high four games.

"It's never over until it's over, but we're definitely going to try to increase the gap between us and them," Porcello said.

Adam Jones homered and Mark Trumbo picked up his 102nd RBI for the second-place Orioles, who started the day with a one-game lead over Toronto for the top AL wild card.

"We've got three more here against (the Red Sox)," Balti-



Rick Porcello
GETTY IMAGES

INJURIES IN BRIEF

Woodhead out for season

The San Diego Chargers have placed versatile running back Danny Woodhead on season-ending injured reserve with a torn ACL in his right knee.

Jones OK to play after MRI

Falcons coach Dan Quinn says All-Pro receiver Julio Jones had an MRI on his right calf but is expected to be at full speed for next Monday's game at New Orleans.

Ware out with broken arm

DeMarcus Ware will undergo surgery Tuesday on his broken right forearm and is expected to miss four or five weeks, coach Gary Kubiak said.

Browns onto QB No. 3

Josh McCown will miss at least one game with a "deep sprain" in his left shoulder, an injury that will force Cleveland coach Hue Jackson to play rookie Cody Kessler in Miami.

Robert Griffin III broke a bone in his left shoulder in Week 1 and will miss at least eight games.

THE ASSOCIATED PRESS

MONDAY In Baltimore

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| RED SOX | ORIOLES |

more's Manny Machado said. "We'll just put it on a track where we need to be."

Boston's goal over the next three days will be to put away the Orioles for good.

"We're going to try," Ortiz said.

Porcello (21-4) struck out seven and walked none in his third complete game of the year. Five days earlier against Baltimore, the right-hander gave up one run in eight innings but took the loss.

In this one, he threw only 89 pitches — 65 in the strike zone.

"When it's his day on the mound, he sets the tone for us," manager John Farrell said. "Did once again."

Porcello has allowed three runs or fewer in 11 straight starts and is sure to receive strong consideration for the AL Cy Young Award after going 9-15 last year.

Ortiz home run was his 35th of the season and the 53rd of his career against the Orioles.

THE ASSOCIATED PRESS

RECIPE Roasted Chicken and Chickpea Tray Bake



PHOTO: MAYA VISNIEV

Ceri Marsh & Laura Keogh
For Metro Canada

Piling a single tray full of dinner is a strategy we love for busy weeknights and if it happens to yield tender chicken with Moroccan-inspired flavors then all the better.

Ready in 35 minutes

Prep time: 10 minutes
Cook time: 25 minutes
Serves 4

Ingredients

- 5 Tbsp olive oil
- 4 cloves garlic, minced finely
- 1 tsp paprika
- 1 tsp cumin
- 2 tsp salt
- Pinch pepper
- Pinch of red pepper flakes
- 1 cup Greek yogurt
- 6 boneless, skinless chicken thighs

- 2 cups cherry tomatoes
- 15 ounce can chickpeas, rinsed
- 1 cup cilantro

Directions

1. Preheat oven to 450 F.
2. Whisk oil, garlic and spices together. Take 1 Tbsp of the mixture, stir it into the yogurt.
3. In a large bowl, toss the chicken, tomatoes, chickpeas and cilantro with the rest of the oil and spice mixture. Arrange in a single layer on a rimmed baking sheet.
4. Bake for 20 to 25 minutes.
5. Serve with a dollop of the spiced yogurt.

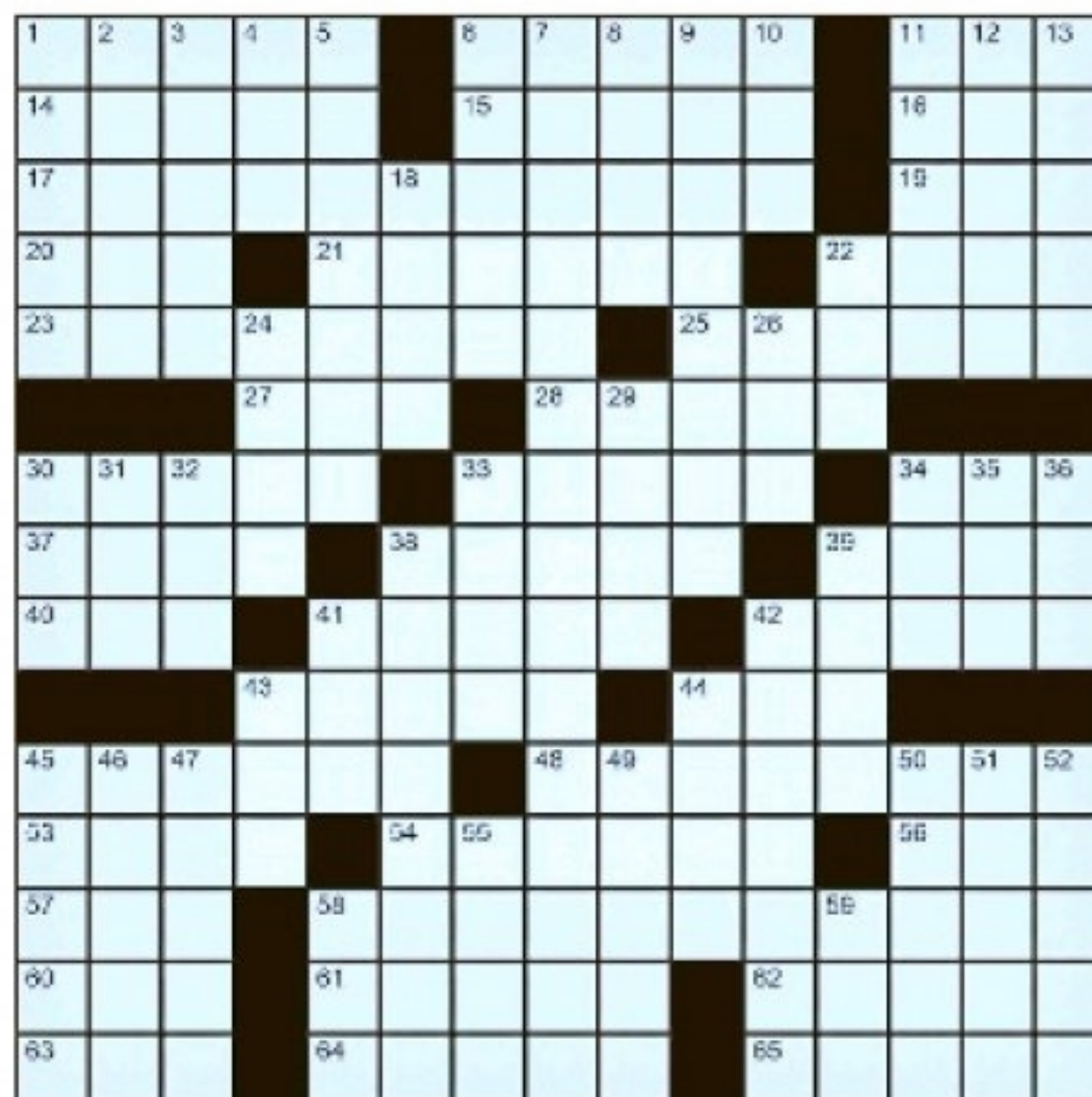
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BY KELLY ANN BUCHANAN

ACROSS

1. Canada Post product
6. Resort in Colorado
11. Boat's stern
14. Enthusiastic
15. Castle material
16. Caviar
17. Name of the new Lay's potato chip flavour available for a limited time at Canada's famous 'Swiss' restaurants: 2 wds.
19. Pistol
20. Canuck comic Mr. Green
21. Jagged chain of mountains
22. Li'l offices
23. Without any chairs
25. Chocolate __ (Dessert selection)
27. "Without __" by Harry Nilsson
28. Was optimistic
30. Relieve or calm
33. Bran cereal benefit, States-style
34. Trudeau and Diefenbaker, et al.
37. Sort of water bird
38. Two-footed
39. __-__ (Public event, '60s-style)
40. __-thumper (Vocal supporter of a cause)
41. Singer/songwriter Ms. Chapman
42. Trumpet-playing Muppet
43. Seasoned yogurt dip
44. Blue Rodeo hit
45. Misunderstanding-



48. Marching, as a band
53. Actor Mr. Arkin
54. Meddle: 2 wds.
56. Murmur
57. Rule out
58. Shapeshifting spirit which imparts life lessons in traditional

- storytelling of Anishinaabe culture
60. Ms. Babilonia of ice
61. "A Passage to __" (1984)
62. Big cats
63. Want __ (Newspaper section)
64. Pretty perennial

65. Think alike

DOWN

1. Religious orders
2. Chevrolet SUV model
3. Kind of lizard
4. Mr. Brooks
5. "Ladies and gentlemen... Elvis __!"

6. Beasts of burden
7. James T. Kirk's gig: 2 wds.
8. Rain hard
9. Bivouacked
10. Born, in the social pages
11. 100-eyed giant of ancient Greek mythology

12. 4 4 4 4
13. Uptight
18. Wedding cake's one-of-some
22. "Married... with Children" son
24. Pointing-out word
26. 'Neath's opposite
29. Don't upset the Sergeant
30. Deed
31. Mr. Ferrigno
32. Tennis shot
33. Italian car manufacturer
34. Write
35. Bdwy. musical, with Les
36. __Cat (Ski resort vehicle)
38. Australia city
39. Bartender on "Cheers", Woody __
41. Kitchen's water source
42. Oats/dried fruit/nuts mixture
43. Bolt
44. Triad
45. __ Ray (Aquatic creature)
46. Odyssey's prequel
47. Graph line, __-__
49. Cornered: 2 wds.
50. Blood of ancient Greek gods
51. Peter of Hermit's Hermits
52. Zippo = __ egg
55. Take apart
58. Frostiness
59. Zag's pal

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This can be a productive day at work for you, especially if you want to wrap up old business. You might see new ways of doing things. You also might see new ways of using things you already have

Taurus April 21 - May 21
A discussion about how to educate children will yield positive results today. Certainly, people are opinionated about this and other creative matters.

Gemini May 22 - June 21
A family discussion might get to the bottom of something today, which is a good thing. It's time for everyone to put his or her cards on the table.

Cancer June 22 - July 23
Your conversations with others will be intense today. People want to know the subtext of things. They want to know what is really happening.

Leo July 24 - Aug. 23
You will be resourceful at using your money and possessions today to get the results you want. You might even see new ways to earn money.

Virgo Aug. 24 - Sept. 23
Today you are concerned with deep issues. You might want to redo something or even give yourself a makeover.

Libra Sept. 24 - Oct. 23
Because you want to know what is going on behind the scenes, this is a good day to research what you need to know. Dig deep and ask questions to find the answers you seek.

Scorpio Oct. 24 - Nov. 22
You might attract someone powerful to you today who might influence you to change your goals. You want your beliefs to be meaningful.

Sagittarius Nov. 23 - Dec. 21
A discussion with a boss, parent or someone in a position of authority will be memorable today. Listen to what this person has to say, at least, out of respect.

Capricorn Dec. 22 - Jan. 20
Someone who is knowledgeable about philosophy, politics and religion will appeal to you. You especially want to understand the truth behind big ideas.

Aquarius Jan. 21 - Feb. 19
Discussions about inheritances and shared property will go well today because nothing will be overlooked. It's almost as if you have X-ray vision.

Pisces Feb. 20 - March 20
Relations with partners and close friends are intense, because people want to get down to the nitty-gritty of things. You don't want to waste time on superficial chitchat. They want the straight goods.

CONCEPTIS SUDOKU by Dave Green

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